

Curriculum Map

Course Name	Health Education
SEPTEMBER	Health and Wellness, Risk Factors, Nutrition
OCTOBER	Body Weight and Composition, Body Image, Physical Fitness, Sleep
NOVEMBER	Tobacco, Alcohol, Medications and Drugs
DECEMBER	Infectious Diseases, STD's, Noncommunicable Diseases
JANUARY	Mental and Emotional Health, Stress Management, Mental Illness and Disorders
FEBRUARY	Health and Wellness, Risk Factors, Nutrition
MARCH	Body Weight and Composition, Body Image, Physical Fitness, Sleep
APRIL	Tobacco, Alcohol, Medications and Drugs
MAY	Infectious Diseases, STD's, Noncommunicable Diseases